



No May Birthdays

Please join us as we celebrate:

Cinco de Mayo 5/5

Mother's Day Brunch 5/4

Memorial Day 5/27

Upcoming Event

Please save the date for **Camp Waltonwood 7 /19 from 4-6:30pm. Family members of all ages please come join your loved one's as we transform our community into **Camp Waltonwood!** Outdoor games, crafts, food ,and of course a campfire with singing and s'mores! Please keep your eyes open for more information as we get closer.



FRIENDS & FAMILY REFERRAL PROGRAM!

CHEF'S COOKING DEMONSTRATIONS

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Lunch-Arancini w/Pomodoro Sauce

9

High Tea to celebrate Mother's Day

19

Cooking Class-Chocolate Chip Cookies

29

Dinner-Pasta & Sauces

CHEF'S SIGNATURE RECIPE

Harissa Chicken

1/2 tablespoons extra-virgin olive oil
2 leeks, washed, sliced in half lengthwise
3 teaspoons kosher or flaky sea salt
grated zest of one lemon

3/4 teaspoon freshly ground black pepper
1/2 teaspoon ground cumin
3 chicken thighs
3 chicken legs
1/2 cup plain yogurt

1 clove garlic, peeled and minced

1 cup (10-12g) a mix of fresh herbs, such as parsley, mint, dill, chervil, and tarragon ,very coarsely chopped

1. In a large bowl, mix together the harissa, 3 tablespoons of the olive oil, cumin, 2 1/2 teaspoons of the salt, and 1/2 teaspoon of the black pepper. Add the chicken and potatoes, then rub the thighs and legs and potatoes with the marinade. Be sure to use your hands to rub the sauce under the skin of the chicken. Let stand for 30 minutes at room temperature.

2. In a medium bowl, toss the leeks together with the lemon zest, 1/4 of the salt, and the remaining 1 1/2 tablespoons of olive oil.

3. Preheat the oven to 425°F (220°C). Adjust the oven rack to the center of the oven.

4. Transfer the chicken and potatoes, and any sauce in the bowl, onto a large rimmed baking sheet. Arrange the chicken pieces. Bake for 20 minutes.

5. Remove the baking sheet from the oven. Toss the potatoes (so they can brown on the other sides of them) then strew the leeks over everything on the baking sheet. It may look like a lot, but they'll bake down.

6. Bake until the chicken is cooked through, another 20 to 25 minutes. While the chicken is cooking, in a small bowl, mix the yogurt with the garlic, the remaining salt and pepper, and a squeeze of fresh lemon or lime juice.

7. Remove the baking sheet from the oven and spoon the yogurt sauce in various places over the chicken and potatoes. Top with fresh herbs and serve

1/2 pounds roasting potatoes (such as Yukon Golds), peeled and cubed
grated zest of one lemon

TWELVE OAKS CONNECT

MAY 2019



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The Health Benefits of Gardening for Seniors

A garden in full bloom can be pleasing to the eyes and nose. But did you also know that tending to that beautiful garden can have a positive impact on your health?

Here are a few of the many benefits of gardening for seniors:

1. **Improved immune system.** As it turns out, a little dirt won't hurt you, it can actually help you. The bacteria in garden soil has been known to alleviate symptoms of allergies, asthma, psoriasis, and even depression.
2. **Relieves Stress and anxiety.** Gardening can help lower cortisol levels in your brain. Cortisol is "the stress hormone" and thus your blood pressure and glucose can be lowered while you garden.
3. **Good Exercise.** Gardening is a hearty physical activity and this light exercise can help slow down the aging process. Make sure to do some light stretching before and after.
4. **It makes you happy.** Fresh air and sunshine can do wonders for your mood and health. The sun's rays not only cause your body to produce Vitamin D, but it also boosts your serotonin levels, which helps your mood and you feel calm and centered. But always remember to wear your sunscreen, hat and sunglasses.

In May we will have many opportunities to stop and smell the roses. From our outings to explore the Walled Lake Farmer's Market and scenic drives to planting our vegetables, herbs and flowers that we have been growing inside. We are also planting a butterfly garden as well as continuing to enjoy our birds that have been joining us in our courtyard.

Excerpts from 2017 Five Star Senior living blog

COMMUNITY MANAGEMENT

Alissa Gash
Executive Director

Nicole McDonald
Business Office Manager

Nicholas Lalios
Culinary Services Manager

Alyssa "Lee" Tobias
Independent Living Manager

Alecia Greenberg
Life Enrichment Manager

Stephan Skidmore
Environmental Services Manager

Heather Laskos
Marketing Manager

Parnell Kenan
Marketing Manager

Barb Excel
Resident Care Manager

Melissa Berg
Wellness Coordinator

\$1,000 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

ASSOCIATE SPOTLIGHT

Frida T. Hanable has worked at Waltonwood Twelve Oaks for 8 years. She was a caregiver on the first floor for 3 years and has been with us in the Memory Care for 5 years. She is a peer mentor, that has won 6 different awards including the Service Excellence Award twice! Frida loves helping the elderly and it shows.

Frida was born in East Africa in the country of Tanzania. In Africa there are different tribes, her family is a member of the Chagga Tribe, which is under the highest mountain, Kilimanjaro. Frida spoke of how beautiful Tazania is with two National Parks that have all kinds of animals. She has lived in the United States for 20 years, but goes home every year to visit her family in Tanzania. She has been married to Hampton for 15 years, he is an Engineer. Frida has two children, Margaret is 36 years old and has her Master's Degree in Accounting and Jesse is 34 years old and has a Master's Degree in Law. Frida has a granddaughter, Sanah, who is 9 years old. Her mother's name is Lipina. Her father Robinson, passed away two years ago. Frida was a teacher in Africa, but decided to change careers and work with the elderly, and we are so grateful that she did.



TRANSPORTATION INFORMATION

We welcome families to join us on the outings with your loved one. If you have any questions or fun ideas for outings please call Alecia or Judy at 248-735-1030.

May 1: Novi Fire Station 1 at 1pm/ taking Appreciation homemade cookies

May 8: Goddard School/Intergenerational Visit at 10:30 am

May 15: Petland at 10:30 am

May 22: Walled Lake Spring Drive/Dairy Queen at 1:30pm

May 29: Walled Lake Farmer's Market at 10:30am

01

Arbor Day. We made Dirt Desert and discussed the importance of trees to the environment.

02

Earth Day. Our residents planted flower and cucumber seeds to celebrate the Earth and our love of gardening.



03

English Gardens Adventure. We enjoyed taking a stroll and enlightening our senses.

04

Lutheran High School Students Amazing time was had by all art this awesome intergenerational event.



FOREVER FIT - Focus on Health

National Senior Health and Fitness Day

On Wednesday May 29th join with over 100,00 other older adults across the country as we celebrate National Senior Health and Fitness Day. Now in its 26th year, this annual celebration highlights the impact that staying healthy and fit has on our overall wellness as we age. This year's theme "Live and Thrive with Exercise", shifts the focus squarely onto the role that regular exercise plays in maintaining our health and independence. Mirroring the principles of the Waltonwood Forever Fit Program, National Senior Health and Fitness Day promotes the benefits of regular exercise while finding creative ways to incorporate it into your daily routine. From group classes to fitness center training and everything in between the Waltonwood Forever Fit Program can help lay the foundation for an active, healthy lifestyle. This May 29th join us as we celebrate National Senior Health and Fitness Day and show what it means to truly "Live and Thrive with Exercise."

MAY SPECIAL EVENTS

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Mother's Day Brunch
12-2pm. Please come join us as we celebrate a Mother's love.

9

Mother's Day High Tea. We will enjoy tea, finger sandwiches, cookies and sweets.

27

Memorial Day Celebration. We will have a parade, Memorial Day Service, sing along, and make a red,white and blue treat to celebrate those that gave their lives for our great nation.

29

National Senior Fitness Day. Please join us as we spend the day getting fit and healthy.



EXECUTIVE DIRECTOR CORNER

Welcome May and Happy Mother's Day! Please make sure to RSVP for our annual Mother's Day Brunch on Saturday, May 4th, we would love for you and your family join us!

I would like to announce that Waltonwood Twelve Oaks has a new addition to our management team. Mekisha Stovall recently started as our Assisted Living Wellness Coordinator. Mekisha has worked in a variety of healthcare settings over the last 22 years, most recently working at Waltonwood since 2015. Earlier this spring she completed the LPN program at Dorsey Schools Wayne Campus. When not working, Mekisha enjoys spending her free time with her two children. Please join me in welcoming Mekisha to Waltonwood Twelve Oaks!

Regards,
Matt VanAuker
Associate Executive Director
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